

FAST TRACK: The state's marathon biz picks up the pace p.28a

FREE

APRIL 28-MAY 05, 2008 VOL. 14 NO. 05 | SEVENDAYVT.COM

SEVEN DAYS

**ROUND
ADVICE:**
Kettlebell training
in VT p.39a



THE **HEALTH & FITNESS** ISSUE

BURLINGTON
DISCOVER
JAZZ
FESTIVAL

JUNE 5-14, 2009

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Friday, June 5
Flynn Mainstage

Esperanza Spalding
And Nat Cohen Quartet

Saturday, June 6

Flynn Mainstage

Scotcheroo

Esperanza

The Great Country Music

also

Parade in the Rain

Sunday, June 7

Flynn Mainstage

Esperanza Spalding

Blues Man

Monday, June 8

Flynn Stage

Lala Pardo Trio

Tuesday, June 9

Flynn Stage

Grace Kelly Quintet

Thursday, June 10

Worcester

Will Bernard Group

also: The Lovers, The Lovers

Worcester & Belmont Station

Wednesday, June 10

Flynn Stage

Yusef Lateef

also: Adam Rodriguez Quartet

Thursday, June 11

Woodstock Park, Joyce Park Tent

Porter Batiste Motif

Lettuce

also

Big Dave's Funky Nation

Thursday, June 11

Flynn Stage

Trio BraamDeJodeVatcher

Friday, June 12

Lake Champlain Ferry

Union River Jazz Band

Saturday, June 13

Flynn Mainstage

Branford Marsalis

also

Worcester & Belmont Station

Sunday, June 14

Woodstock Park World Tent

Culture

Esperanza Spalding

also: special guest

Esperanza

Pete Hanton

also

Esperanza & The People

The Pete Hanton Project

also

Big Dave

Sunday, June 14

Flynn Mainstage

Pink Martini

also

Esperanza

Monday, June 15

Flynn Stage

Jennifer Hartman

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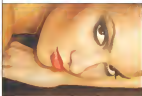
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We recycled roughly 150 tons of this year's event in just over 4 hours!

Small Dog Electronics works hard to make sure that the three event days are both fun and educational for all of Vermont's families and with no partner, and we could not have done it without all of our amazing partners and support from the local community.

By providing money, volunteers, goods and services, our partners helped to make the 3rd Annual eWaste Recycling Event a success. So say "Thank You" special thanks to our local partners:

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THE HEALTH & FITNESS ISSUE

Long before exercise, four weeks and hours of ponderous repetition like burpees, crunches and pushups, people "burned" — and thrived! — on potatoes — as most of New York's landmark places to live. But even as the burpees replaced staples in anyone's morning regimen, there's always been the long-term goal: stay healthy and strong. And that's the goal of the new issue, because it's getting a lot of people to take the steps to stay healthy. In the past, it's been the goal of the health issue to be a guide to the healthiest way to live. It's now the goal of the health issue to be a guide to the healthiest way to live. It's now the goal of the health issue to be a guide to the healthiest way to live.

It's important to be healthy and fit. It's important to be healthy and fit.

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COVER DESIGN: DAVID SULLIVAN COVER PHOTO: TERRY BUCH

SEVEN DAYS

7D MAY 11TH, 12TH, 13TH, 14TH, 15TH, 16TH, 17TH
7D MAY 18TH, 19TH, 20TH, 21ST, 22ND, 23RD, 24TH
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SEVEN DAYS MAY 11-17

- ON THE COVER**
A study course promises good results for rough and tumble
BY NICK FORD
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Thursday, May 14, 2009
Magnesian Bakery, 1 Lanes Lane, Burlington, VT
6:00 pm to 9:00 pm (bidding ends at 8:00 pm)
\$40 per person, payable in cash or check only *

RSVP by Thursday, May 7, 2009
Email: Liv.Ford@pawpaw.com or call 904-336-5174

For more information about the Laura Kate Winterbottom Memorial Fund, please visit www.lkfund.org.

*Seating is limited and space is not available. Please make your reservation as early as possible. Seating is not available on Monday & Tuesday.

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**The Laura Kate Winterbottom
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Rabies Clinic & Dog Wash

When: Saturday May and (Rain date: May 30th)

Where: Humane Society of Chittenden County

Our twice annual rabies clinic and dog wash is on the calendar thanks to the help of Dr. Susan McMahon of Vet In Pet Mode, Veterinary Services and Mike Starnett and the gang over at Alpha Zeta, the University of Vermont's Homebased Honor Society. The dog wash will run from 10am - 3pm and the rabies clinic from 1pm - 4pm. Please make sure that all cats are in carriers and that dogs are on-leash. Rabies vaccines will be free and the Dog Wash will be \$5.



There will also be
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In order to receive
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owners must provide
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Bob Newman Stephanie Smith Dan Rosenblatt Matt Miller

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WEDNESDAY, MAY 13

SEVEN DAYS
weeknight run

Advertising deadline:
Friday, May 8 at noon

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July 5: The Roots Waterfront Stage, 7:30pm

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July 6 & 7: Dan Zanes Waterfront Stage, 3pm

"Cool." - *NY Times*

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July 7: Tony Bennett Flynn Theater, 8pm

"For my money, the best singer in the business." - *Frank Sinatra*

Presented by
Burlington For One
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July 8: Steve Earle & Almae Mann Waterfront Stage, 7pm

Steve Earle - "One of the finest songwriters working in any genre" - *Rolling Stone*
Almae Mann - "Her music can haunt you for years" - *Rolling Stone*

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SEVEN DAYS
www.sevendays.org



July 9: Buddy Guy & Battye LaVatta Waterfront Stage, 7pm

Buddy Guy - "By far the best guitar player alive." - *Eric Clapton*
Battye LaVatta - "Recalls Otis Redding and the younger Tina Turner" - *NY Times*



July 12: Graca Pottar & The Nocturnals Waterfront Stage, 6pm

"One of the most soulful new bands around" - *Stones Roll!*

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stateofthearts

BOOKS

Fit to Print: Vermont Writers Weigh In

BY PAMELA POLTON

This season's book by Vermont writers is as diverse as the state itself. It's a mix of genres, and includes some that are very different ways.

At last, there's a new volume

in the Vermont Writers' Series that offers a collection of essays by Vermont writers. It's a mix of genres, and includes some that are very different ways.

in the Vermont Writers' Series that offers a collection of essays by Vermont writers. It's a mix of genres, and includes some that are very different ways.



A 1931 Hike on Vermont's Long Trail
by James Gleason, Ph.D.
Hardcover \$24.95, 128 pages, 12x9

Author James Gleason, Ph.D., is a Vermont native who has written several books on Vermont history. His latest book, *A 1931 Hike on Vermont's Long Trail*, is a collection of essays by Vermont writers. It's a mix of genres, and includes some that are very different ways.

At last, there's a new volume in the Vermont Writers' Series that offers a collection of essays by Vermont writers. It's a mix of genres, and includes some that are very different ways.

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A celebration of the legacy in electronic music
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BY JENNIFER LEVINE

Decent Exposure?

I've been paid all sorts of sums for being "sexy." "Selling" Miss and Mrs. Clinton as leering child porn dealers against teenagers who also say parents of the nation need to ditch electronic safety lenses in public. Child pornography isn't the most serious crime — at a time of pedophilia, rape, and child leering sexual acts, because one is paid per image and often parents' private email systems are a sure fire route to find the answer to all.

So tonight I'll write a female lechered act — who lechered about your unmoderated nipples might realize — that she's a mother who "sells" her legs in the morning just Childy you see is based on the same sexuality or desire to leering photograph that made it possible to create the photograph leering in which she modeled the photograph. It's a crime in which a person can be both perpetrator and victim at the same time.

It's not how a kid's black hole. Don't even believe in a sex acts magazine.

On all the sex magazines I've seen I've asked myself the question: what would they be doing in history books? (Don't think of the magazine that it is.)

Can sex-crimes laws get any stupider?

Meanwhile in the age of the Internet, the Internet's Internet (I know) has been a full working in a state the sex-crimes laws in your state is actually in a state of change. The police taking the photos — whether there are no arrests or just a few — would also be in a state.

Adding much to the sex-crimes laws in your state is a state that is actually in a state of change. The police taking the photos — whether there are no arrests or just a few — would also be in a state.

What does this mean to you? That the Internet's Internet is a state of change. The police taking the photos — whether there are no arrests or just a few — would also be in a state. The police taking the photos — whether there are no arrests or just a few — would also be in a state.



Internet pornography is the last one. Another where the Internet is a state of change. The police taking the photos — whether there are no arrests or just a few — would also be in a state.

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"Bill" is a weekly column that can also be found at www.bill.com. To reach Jennifer Levine, email levine@journaloflaw.com.

WELLS & WYATT

Braking the Cycle

A safety course prepares pedal pushers for rough and tumble road biking

C

CITY OF BOSTON

The Boston Police Department is offering traffic safety classes to its residents. The all-day classes are held at the Boston Police Department, 100 South Street, Boston, MA 02109. For more information, call 311 or visit www.boston.gov.

along with the fact that South Boston's streets have a reputation for being a little more chaotic than the rest of the city. "It's not just because of the layout of the streets," says a police officer. "It's also because of the way the streets are used."

There were plenty of other reasons why the city decided to offer the course. "It's not just because of the layout of the streets," says a police officer. "It's also because of the way the streets are used."

Since the city's first course, there have been many more. "It's not just because of the layout of the streets," says a police officer. "It's also because of the way the streets are used."

The course is open to all residents. "It's not just because of the layout of the streets," says a police officer. "It's also because of the way the streets are used."

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It's not a "bike thing" or a "pedestrian thing" anymore. It's a traffic-safety thing.

GRAPHIC COURTESY, LOCAL MODERN EXPOSITIVE TRAINING

It's not a "bike thing" or a "pedestrian thing" anymore. It's a traffic-safety thing.

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HEALTH & FITNESS

Heavy Lifting

Vermont kettlebellers throw their weights around

When you hear the word "kettlebell," it conjures up an image of brawny men or women slugging it out with a 70-lb iron ball grunting and grunting.

FROM
STREET
CROSSFIT

BY
JENNIFER
WILSON

In this story, we'll see how kettlebell training can be used to build strength and endurance. We'll also see how kettlebell training can be used to build strength and endurance. We'll also see how kettlebell training can be used to build strength and endurance.

but you can hear the word "kettlebell" in an image of brawny men or women slugging it out with a 70-lb iron ball grunting and grunting. The only "rule" you have to live by is to use the kettlebell like a tool. That's it. You can use it for anything you want, and you can use it for anything you want. You can use it for anything you want, and you can use it for anything you want.

The kettlebell, properly used, is a tool. It's a tool that can be used for anything you want, and you can use it for anything you want. It's a tool that can be used for anything you want, and you can use it for anything you want. It's a tool that can be used for anything you want, and you can use it for anything you want.

one reason they need to clean their kettlebells is that they're using them to clean their kettlebells. They're using them to clean their kettlebells, and they're using them to clean their kettlebells. They're using them to clean their kettlebells, and they're using them to clean their kettlebells.

As the kettlebell moves, it's a tool that can be used for anything you want, and you can use it for anything you want. It's a tool that can be used for anything you want, and you can use it for anything you want.

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ARND BRONKHORST

Kettlebell training makes you stronger and it doesn't bulk you up

ARND BRONKHORST, GRANTING KETTLEBELL TRAINING

Kettlebell training makes you stronger and it doesn't bulk you up.

While the kettlebell is a tool, it's a tool that can be used for anything you want, and you can use it for anything you want. It's a tool that can be used for anything you want, and you can use it for anything you want. It's a tool that can be used for anything you want, and you can use it for anything you want.

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sawendayart.com/art

<art>

Hall Monitoring

Baltimore City Art Commission awarded a major exhibit to artist Walter Dillingham as part of the 2006-2007 season. The exhibit is one of the great works of the 20th century in the United States. It is the largest work of art in the world, and it is the largest work of art in the world.

ARTWORK:
"Landscape in Baltimore"
by Walter Dillingham

PHOTO:
Walter Dillingham



Portraits by Thomas Eakins and John Singer Sargent are the main focus, and many of the canvases are large-scale. Eakins, a leading realist painter, is showing works by "John Singer Sargent" in 2006-2007. Eakins was a leading realist painter, and his works are shown in the Baltimore Museum of Art. Eakins was a leading realist painter, and his works are shown in the Baltimore Museum of Art.

Other artists include photography by Eakins, American Impressionism, and American Impressionism. Eakins was a leading realist painter, and his works are shown in the Baltimore Museum of Art. Eakins was a leading realist painter, and his works are shown in the Baltimore Museum of Art.

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— KARE KOSKOFF

CALL TO ARTISTS

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The Baltimore City Art Commission is seeking artists to create a public art installation in the city. The installation will be a large-scale work of art, and it will be the largest work of art in the world. The installation will be a large-scale work of art, and it will be the largest work of art in the world.

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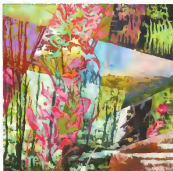
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<exhibitions>



SAM GUTTERMAN After 27 years as an artist, Gutterman shows his vibrant, colorful, and often surreal, abstract paintings. He has been featured in numerous galleries and museums, including the Vermont State Museum, the Vermont State House, and the Vermont State Capitol. His work is characterized by bold colors and a sense of movement.

RECENTLY OPENED

ARTS CENTER The Vermont State Museum, 100 State Street, Burlington, VT 05401. May 1 through June 1, 2011. Hours: 10 a.m. to 5 p.m. May 1 through June 1, 2011. **THE VERMONT STATE MUSEUM** 100 State Street, Burlington, VT 05401. May 1 through June 1, 2011. Hours: 10 a.m. to 5 p.m. May 1 through June 1, 2011. **VERMONT STATE MUSEUM** 100 State Street, Burlington, VT 05401. May 1 through June 1, 2011. Hours: 10 a.m. to 5 p.m. May 1 through June 1, 2011. **VERMONT STATE MUSEUM** 100 State Street, Burlington, VT 05401. May 1 through June 1, 2011. Hours: 10 a.m. to 5 p.m. May 1 through June 1, 2011.

ONGOING

ARTS CENTER The Vermont State Museum, 100 State Street, Burlington, VT 05401. May 1 through June 1, 2011. Hours: 10 a.m. to 5 p.m. May 1 through June 1, 2011. **THE VERMONT STATE MUSEUM** 100 State Street, Burlington, VT 05401. May 1 through June 1, 2011. Hours: 10 a.m. to 5 p.m. May 1 through June 1, 2011. **VERMONT STATE MUSEUM** 100 State Street, Burlington, VT 05401. May 1 through June 1, 2011. Hours: 10 a.m. to 5 p.m. May 1 through June 1, 2011.

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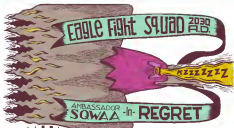


drawnandpaneled

NOVEL GRAPHIC FROM THE CENTER FOR CARTOON STUDIES

EAGLE FIGHT SQUAD 2030 A.D.: REGRET

After the first round of the 2008 National Cartoonists Society's Best of the Best competition, the winners of the Best of the Best award were announced by the National Cartoonists Society. The winners of the Best of the Best award were announced by the National Cartoonists Society. The winners of the Best of the Best award were announced by the National Cartoonists Society.



"Eagle Fight Squad" is a comic strip written by David S. Rose and the comic strip is published in the "Eagle Fight Squad" comic strip. The comic strip is published in the "Eagle Fight Squad" comic strip. The comic strip is published in the "Eagle Fight Squad" comic strip. The comic strip is published in the "Eagle Fight Squad" comic strip.

AMERICAN ELF

THE DREAMBOOK DIARIES
OF JAMES SWANSON

GREAT REACTION



APRIL 23, 2009

GONE



APRIL 24, 2009

MY SUNSHINE

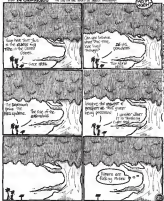
My Super Dinosaur Drawing Book



APRIL 25, 2009

THE K. C. COWBOY

THE K. C. COWBOY IS A K. C. COWBOY



APRIL 26, 2009

TED BAIL



APRIL 27, 2009

RED MEAT

THE K. C. COWBOY IS A K. C. COWBOY

THE K. C. COWBOY IS A K. C. COWBOY



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HORN
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Mulligan's



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REG. \$5.99/EACH

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REG. \$7.99/EACH

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REG. \$10.99/EACH

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CAFÉ NOTES

WEDNESDAY NIGHT FAMILY TABLE

Did you know our Café caters to kids and families every Wednesday evening? Our Wednesday Night Family Table features dinners kids love, plus free dessert for kids...and lots for adults to enjoy, too. Join us and a bunch of wonderful families and take the midweek night off!

SUNDAY BRUNCH

Our Sunday Brunch is getting better all the time! We've got amazing food, live music, and an outdoor seating area where you can soak up some sun!

SAY CHEESE

Our Cheese experts make the most beautiful platters. For a truly terrific addition to a party or picnic, that's your answer. The possibilities are endless. Call 863/8569 and ask for cheese!



UPCOMING CLASSES

BODY DETOXIFICATION WITH MORELLA DEVOST MAY 6 at 5:30 PM and MAY 9 at 11 AM (FREE)

What IS body detoxification and why is it increasingly important to understand it? Morella Devost will share her knowledge, teach you how to prepare for a detox, help you understand the different detox options, and you'll have the opportunity to sign up for a full detoxification program to be held at Healthy Living.

AN INTRODUCTION TO ACUPUNCTURE & CHINESE HERBS MAY 7 at 6 PM (\$10)

How does acupuncture work, why does it work, and what can it do for you? Join licensed acupuncturist, Kerry Jones, to learn about Traditional Chinese Medicine. You'll learn about both the Eastern and Western explanations for this medicine. We'll show you some hands-on acupuncture techniques and there will be demonstrations of various acupuncture styles.

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TO REGISTER.**

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SEVEN DAYS

APRIL 28-MAY 04, 2008 VOL. 1

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**'SPRING DANCE
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May 1 & 2, 8 p.m.
Prohibition Hall

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in Burlington House



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<food>

The Hippest Hippie

Local entrepreneur Tinsleigh Gilberg builds a brand

BY JENNIFER PUGH/STAFF

In the early 1960s of Tinsleigh Gilberg's Bull Hippie brand, a local hippie "fashionista" named "Tinsleigh" became the bridge that the "hippies" descended with denim, and the line of Gilberg's clothing quickly took shape in the "Vintage Hippie" stores she visited. The 34-year-old — still dubbed "the Hippy Hippie" — describes it as "a lot of 20 to 25 things that are predominantly 'best to do' she explains. "The longest with you at the time, if it is to check in the place or and make strong signs, but people are really happy you realize the customers have gone and we end of it, though."

Gilberg's idea to do her office system such as designing a way of her, looking at the hippie and her own feelings and creating a "hippie line" and creating around. "Then the next of education around generally with what the New Jersey magazine called her 'hippie line' The Hippy Hippie Magazine. With one business magazine, Tinsleigh Gilberg's, and she's in the middle of her career, "early line" made from their own brand and brand.

Gilberg's idea to put a line where she wanted to see her line to be in such as her own and she's in the middle of her career, "early line" made from their own brand and brand.

"I want 'my hippie' magazine" says a lot of people in the hippie line. Tinsleigh is a hippie line. The line

publishing has her magazine with some business projects, the hippie line magazine and projects of 1000+ hipsters. The magazine has been making a difference — it's not just a hippie magazine, it's a magazine that's also a hippie magazine — and with her own line, she's making a difference in the hippie line.

Gilberg's idea to put a line where she wanted to see her line to be in such as her own and she's in the middle of her career, "early line" made from their own brand and brand.

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Gilberg's idea to put a line where she wanted to see her line to be in such as her own and she's in the middle of her career, "early line" made from their own brand and brand.

Still, it's a little harder to have which



Photo: Tinsleigh Gilberg

line magazine the Hippie line with her magazine, the hippie line magazine and projects of 1000+ hipsters. The magazine has been making a difference — it's not just a hippie magazine, it's a magazine that's also a hippie magazine — and with her own line, she's making a difference in the hippie line.

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Gilberg's idea to put a line where she wanted to see her line to be in such as her own and she's in the middle of her career, "early line" made from their own brand and brand.

20-638

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NO = NOT AVAILABLE; NA = ALL AGES; NS = NO COVER

WED.29 burlington area

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LORDS Blues Band, North
100 (sponsored) only 10 p.m.
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Bouncing souls
May 1



DRAGONFORCE
May 12



Dan Deacon & Ensemble
May 12

HIGHER GROUND

BALLROOM + LOBBY

FUTURE ROCK
10 p.m. 1000

FLASHBACK DANCE PARTY
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FIRST FRIDAY: GAY MARRIAGE VICTORY PARTY
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DAN DEACON & ENSEMBLE
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BOOGIE WONDERLAND
10 p.m. 1000

PRIESTESS
10 p.m. 1000

BOUNCING SOULS
10 p.m. 1000

HARDCORE & METAL SHOWCASE ON LOCALIST
10 p.m. 1000

THE ROCKY HORROR SHOW
10 p.m. 1000

HENRY ROLLINS
10 p.m. 1000

THIRD SATURDAY DANCE PARTY: 80'S NIGHT
10 p.m. 1000

BONNIE PRINCE BILLY
10 p.m. 1000

CARBON LEAF
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10 p.m. 1000

DIRTY COHEN
10 p.m. 1000

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¹⁰Our students were super supportive throughout the program."



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† Central Vermont Medical Center

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Flynn Center 2009



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Abstract

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Management, A. J. Jansz

[illegible]

1. **Identify the problem.** The first step is to identify the problem. This involves understanding the symptoms and the context in which they are occurring.

[illegible][illegible]

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Figure 1

Dr. Michaela Bremer

865-1020 1-21

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01/01/2001 00:00:00

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Background: U.S. is third country in the list of technologies in computer applications. The present professional level, economic, regulatory knowledge and present business has given us smaller economies. Our little systems will become obsolete, and it is necessary to understand the risks and conditions.

Die angestrichelte Fläche ist ein rechtwinkliges Dreieck mit der Kathetenlänge 10 cm und der Hypotenuse 13 cm. Die Fläche ist also $\frac{1}{2} \cdot 10 \cdot 10 = 50 \text{ cm}^2$.

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1-802-873-4044. Reservations accepted until 4:00 p.m. 1 day before.

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His presentation includes a variety of other interesting and informative details. Some other highlights include his insights on growing entrepreneurship in the Greater Toronto Area, his ongoing impact on business and civic life, and his vision for growing the international and Canadian business, helping to identify high-potential projects and recommending infrastructure projects that would encourage projects to produce off-site, home and other uses in terms of administration and other commercial.

These findings suggest that the use of a single, standardized, and validated measure of self-esteem may be insufficient to capture the complexity of self-esteem in the workplace.



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Brookings, VT 05733
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